

B	I	N	G	O
Inspiration	Inner peace	New beginnings	Genuine	Observe thoughts
Be kind	Inner strength	Navigate	Guided meditation	Opportunity
taking bath	Imagery	FREE	Goals setting	Objectivity
exercise	Independence	Napping	Goals	Overcome
Bipolar	Intervention	Normalize	Good habits	Overcome obstacles

B	I	N	G	O
Believe	Improve	Navigate	Gratitude journal	Own it
Behavioral therapy	Involvement	Nourishment	Guidance	Opportunity
Be kind	Isolation	FREE	Goals setting	Outreach
Be mindful	Increase awareness	New beginnings	Open up	Overcome obstacles
taking bath	Independence	Normalize	Grief	Overcome

B	I	N	G	O
Behavioral therapy	Increase awareness	Napping	Grief	Opportunity
Books	Independence	Grounding	Growth mindset	Objectivity
Be patient	Invigorate	FREE	Guidance	Ongoing
eating breakfast	Imagery	Narrative therapy	Growth	Outdoor activity
taking bath	Intervention	Nature walk	Open up	Outreach